

**METROPOLITAN STATE HOSPITAL**

**NORWALK, CALIFORNIA**

**CLINICAL PSYCHOLOGY INTERNSHIP PROGRAM**

**BROCHURE**

**2006-2007**

**DESCRIPTION OF THE HOSPITAL**

Metropolitan State Hospital is located in the suburban community of Norwalk and is approximately fifteen miles southeast of downtown Los Angeles. Metro, as it is popularly called, is a state psychiatric facility serving approximately 700 individuals. Metro has been in operation since 1916. Fall of 2006 begins our 58th consecutive year of Psychology intern training and continues our tradition of providing quality training for students interested in working with individuals with severe and persistent mental illness.

Metropolitan offers multidisciplinary therapeutic and rehabilitation services provided by psychologists, social workers, psychiatrists, rehabilitation therapists, psychiatric technicians and registered nurses. All of the individuals served reside on locked units ranging in population from 12 to 55. Some units offer specialty services such as Acute/Admissions, Spanish and Asian languages, Child and Adolescent Services, Skilled Nursing, and Forensic Treatment.

The California Department of Mental Health State Hospital System uses a Recovery philosophy of care and a Psychiatric (or Psychosocial) Rehabilitation model of service delivery. The care and treatment provided by each California state hospital are based on evidence-based practices and are tailored to meet the unique needs and strengths of each individual. Every individual served by the hospital is encouraged to participate in identifying his or her needs and goals, and in selecting appropriate therapeutic and rehabilitation service options. These services and supports are designed to assist the individuals in meeting their specific recovery and wellness goals, in a manner consistent with generally accepted professional standards of care.

**THE CLINICAL PSYCHOLOGY INTERNSHIP PROGRAM**

**The Clinical Psychology Internship Program is fully accredited by the American Psychological Association and is a member of the Association of Psychology Postdoctoral and Internship Centers (APPIC). The psychology internship program supports the overall mission and vision of Metropolitan State Hospital to assist individuals with severe and persistent mental illness in their process of achieving recovery and realizing progress toward an improved quality of life. The aim of the program is to provide training for interns in the provision of evidence-based, culturally competent therapeutic and rehabilitation services. The guiding framework of our training program is that of the professional practitioner model, based on three key concepts: 1) learning by instruction and supervision, 2) learning by modeling, and 3) learning by doing. Emphasis is placed on experiential integration of learning with professional practice in an interdisciplinary setting.**

**The Internship year at Metropolitan begins after the Labor Day Holiday and continues for one full year. Interns are recognized members of the Department of Psychology. The internship program is under the supervision of the Chief of Psychology, with the Psychology Training and Internship Coordinator being the designated coordinator of the internship program. Interns provide a wide variety of services and activities, including conducting individual and group psychotherapy and skills training; performing psychological, neuropsychological, and functional behavioral assessments, and cognitive screenings; developing, implementing, and monitoring positive behavior support plans; and providing consultation and participating in interdisciplinary Wellness and Recovery Planning Conferences.**

### **Training Objectives**

**The primary objectives for the training of clinical psychology interns include achieving competency in the following areas:**

- 1) Developing knowledge and skills in the philosophy and techniques of the Psychosocial Rehabilitation and Recovery models.**
- 2) Developing skills in diagnostic and neurocognitive assessment including neuropsychological assessment and cognitive screening, risk assessment, and functional behavioral assessment to assist in Wellness and Recovery Planning.**
- 3) Developing skills in designing, implementing, and monitoring positive behavior support plans for addressing severe and challenging behavioral areas of focus.**
- 4) Developing skills in providing evidence-based interventions for group and individual therapy.**
- 5) Developing the ability to advance treatment planning skills by working with a multidisciplinary Wellness and Recovery Planning Team.**

By the end of the internship year each intern will be expected to perform at a specified level of competency (ranging from average and acceptable given the student's level of training up to outstanding) in the following areas:

### **I. Clinical Evaluation & Diagnostic Skills**

Evaluation of an individual's areas of development  
Diagnostic interviewing  
Assessment of strengths and needs in formulating Wellness and Recovery Plans  
Conduct clinical interviews on basis of an evidence-based theoretical rationale  
Ability to realistically appraise individual potential for change using recovery measures  
Knowledge of cultural factors impacting case conceptualization and services to be provided  
Utilization of DSM-IV-TR  
Utilization of psychodiagnostic testing to understand and plan treatment  
Formulation of an appropriate individualized Wellness and Recovery Plan  
Psychological report writing skills  
Ability to formulate a differential diagnosis  
Adequacy in addressing referral questions  
Adequacy in addressing recovery and wellness goals and response to treatment in progress notes  
Adequacy of mental status examinations

### **II. Psychodiagnostic Assessment Skills**

The intern will be expected to perform at least at a specified level of competency in the administration, scoring, and interpretation of psychological tests including, but not limited to, the following:

WAIS-III  
MMPI-2  
PAI  
MMSE  
Neuropsychology Screening Battery (WASI, RBANS, WRAT, GSRT)  
Various other psychological assessment measures (to be determined by the nature of the specific rotation)

### **III. Psychotherapeutic Intervention Skills**

The intern will be expected to perform at a specified level of competency in the areas listed below:

Awareness of evidence-based psychotherapy models

**Awareness of the legal decisions that impact on the practice of psychotherapy**  
**Respect for the confidentiality of the therapeutic relationship**  
**Promotion of constructive therapeutic interaction**  
**Ability to facilitate communication during therapy sessions**  
**Ability to provide therapeutic and rehabilitation services that is consistent with the stage of readiness of the individual in his or her recovery**  
**Sensitivity to cultural issues**  
**Ability to conceptualize and utilize cultural factors**  
**Ability to create a trusting and supportive environment for the individual**  
**Ability to be authentic and genuine in therapeutic encounters**  
**Ability to maintain focus during therapy sessions**  
**Ability to deal with separation issues**  
**Ability to open and close therapy sessions appropriately**  
**Ability to terminate treatment appropriately**  
**Ability to make therapeutic interventions in a timely and appropriate manner**  
**Ability to provide effective group treatment that is both manualized and outcome-based**

#### **IV. Professional Skills**

**Interns will be aware of the following professional areas and act accordingly:**

**Knowledge of and adherence to ethical principles and standards**  
**Respect for rights of the individuals served**  
**Respect for cultural differences**  
**Recognition of own limitations and areas of weaknesses**  
**Participation in and relevant contributions to training seminars**  
**Participation in and relevant contributions to staff meetings, interdisciplinary Wellness and Recovery Conferences**  
**Responsibility regarding time commitments (i.e., attendance, punctuality, meeting deadlines)**  
**Representation of professional qualifications to the patient**  
**Ability to take an active interest in own professional development**  
**Ability to seek out agency personnel for assistance**  
**Ability to learn from experience**  
**Use of professional terminology**  
**Appropriate use of referral/consultation resources**  
**Utilization of available hospital resources, such as the staff library, in support of professional efforts**  
**Adherence to hospital and psychology staff policies and procedures**

#### **V. Interpersonal & Communication Skills**

By the end of the internship year each intern will be expected to perform at a specified level of competency in the following areas:

- Relationships with fellow interns
- Relationships with staff members
- Clarity of verbal communication
- Clarity of written communication
- Understanding of own personality and biases and the impact of own behavior on others
- Ability to participate in an active and open manner during supervision and to accept and utilize constructive feedback

### **Intern Didactic Training**

During the first month of the internship year, Interns attend a weeklong training program that helps prepare them for the hospital experience. This training consists of didactic presentations on the following topics: Psychosocial Recovery Models, Positive Behavioral Support, California Legal Statutes, Psychopharmacology, Cultural Competence, and Assessment and Report Writing Skills. In addition, the Interns attend a two-hour case conference each week. These conferences include training on a variety of topics. Interns will have the opportunity to present at these case conferences throughout the year. Past case conference topics have included: Schizophrenia, Bipolar Disorder, Major Depressive Disorder, Personality Disorders, Substance Abuse/Dual Diagnosis, Differential Diagnosis, Learning Disabilities, Functional Assessment, Social Skills Training, Group Therapy Techniques, Behavioral Treatment Planning, Cognitive Behavioral Techniques, Family Education, Multiple Family Psychoeducation Groups, Mental Status Exams, WAIS-III, MMPI-II, Neuropsychological Screening, Research Instruments, Forensic Issues, Forensic Assessment, Criminal Responsibility/Competency, Competency Restoration, Sex Offender Treatment, Violent Offenders, Court Testimony, Ethics and LPS Laws, Gender-related issues and Assessment of Dangerousness and Suicidality.

There are also in-service trainings on a variety of topics throughout the year as part of Psychology's Continuing Education Program that the Interns attend. Interns may also attend off-site training upon request and when appropriate. There are also multidisciplinary training activities (satellite broadcasts, multidisciplinary case conferences, program specific training, and guest speaker presentations) presented throughout the year that the Interns attend.

In addition to the Interns' didactic training that is offered at the hospital, as new employees, Interns are required to attend a weeklong new employee orientation. The topics covered are Overview of MSH Policies and Procedures, Preventive Management of Assaultive Behavior (de-escalation and self-defense skills), Suicide Prevention, Fire and Safety, Cultural Competence, Patients Rights, Health and Safety Issues, Civil Rights, Hospital Police Issues, Cardiopulmonary Resuscitation

(CPR) Course, Employee Assistance Program, Infection Control, HIPPA/Confidentiality and Health Information Management (Medical Records), Forensic Services, and Personnel Services. Representatives from the departments that provide the service deliver these presentations. The presentations are specific to hospital procedure and administrative directives and attended by all new employees (psychologists, administrative assistants, groundskeepers, physicians, etc.).

### **Supervision**

Licensed Psychologists provide all primary supervision. A minimum of two hours of individual supervision is provided per week. Each supervisor has a designated back-up supervisor in case of illness or vacation. In addition to the individual supervision, interns attend two and one half -hours of group supervision per week. One and one-half hours of this group supervision are with the Psychology Internship Coordinator. A portion of the group supervision time will focus on the group therapy that the interns are providing. Evaluations of interns take place at mid-rotations and at the end of each of the three rotations. These evaluations are sent to the intern's school. Interns are required to evaluate their supervisors, the didactic presentations and the total internship program experience. There is a formal grievance procedure in place.

### **Intern Resources**

Interns currently share office space together. Their office has computers and a printer. In addition, the hospital has its own library which is an excellent source of clinical and dissertation information.

### **Intern Rotations**

Interns will have the opportunity to take part in three, 4-month rotations at MSH. These rotations include neuropsychological assessment, positive behavior support, and placement on a unit in one of the four programs in the hospital. The third rotation could also be tailored to further build upon the intern's training in neuropsychology or positive behavior support, or could include experience with the hospital's Developmental and Cognitive Abilities Team or another special assignment. Interns will also participate in providing group therapy throughout the year in the psychosocial treatment malls by co-facilitating eight hours per week of group interventions.

#### **Neuropsychological Assessment Rotation**

On this rotation, interns will train under a neuropsychologist. Referrals are made to the neuropsychological team from all of the hospital programs. Interns will have the opportunity to develop their skills in appropriately addressing referral questions, administering, scoring, and interpreting neuropsychological tests, and developing appropriate recommendations based on the assessment findings. Interns also will receive training in

presenting these findings and recommendations to members of the Wellness and Recovery Team and in working with those staff members on incorporating those recommendations into the services that the individual receives.

#### **Positive Behavior Support Team Rotation**

Interns will spend four months working with a PBS team. The hospital has two teams, one mainly for the adolescent program and one for the adult programs. Each team currently consists of a psychologist, a registered nurse, and two psychiatric technicians. As a part of the PBS team, the interns will have an opportunity to conduct functional behavioral assessments, develop positive behavior support plans, present findings and plans to the Wellness and Recovery Teams, train staff members in the support plans, and participate in the hospital's Behavioral Consultation Committee.

#### **Unit Rotation**

The rotation on a unit will give the interns a chance to pick up several cases and be fully involved in all aspects of the treatment for those particular individuals. Interns will attend Wellness and Recovery Planning Conferences and be a part in the interdisciplinary team that is involved in the case. They will also provide individual therapy (when appropriate) and conduct any necessary psychological testing. Taking part in the unit morning report time will provide an opportunity for interns to get an idea of how their individuals and the unit as a whole are functioning. Finally, during this rotation, interns will continue to be actively involved in planning and leading treatment mall groups.

#### **Developmental and Cognitive Abilities Team (DCAT)**

As an alternative to working on a unit-based assignment, an intern may choose to do a rotation with the hospital's Developmental and Cognitive Abilities Team. This specialty team consists of a psychologist, social worker, registered nurse, and psychiatric technician. The DCAT provides a variety of consultation services to the Wellness and Recovery Teams serving individuals with various developmental or cognitive disorders or conditions that adversely affect their cognitive functioning. These services include assisting with diagnostic and assessment concerns, consulting on behavioral interventions including the development of positive behavior support plans when appropriate, and also with referrals to outside agencies and assistance with discharge planning and placement.

### **Program Descriptions**

The hospital is organized into four treatment programs. All programs have designated treatment areas or "Malls" where group therapy interventions are conducted. The programs may vary in service due to specific age groups, level of

care and individual needs. The unit rotation will be spent in one of the following programs. Interns will be asked for their preferences in determining which program they would most like to train. The following are descriptions of the programs and of the general duties conducted by the program psychologists and interns.

**Program I:**

Program I provides mental health treatment to children and adolescents from ages 11 through 17 on three residential units. The program also includes two units serving adults on civil commitments with severe and persistent mental illness. Psychologists are actively involved in assessment for questions related to cognitive, academic, personality and neuropsychological functioning. In addition, psychologists are involved in Wellness and Recovery Planning and the provision of individual and group interventions. The program emphasizes the use of empirically validated methods of intervention for a broad range of individuals experiencing developmental, behavioral and psychiatric challenges. Interns are involved in all duties performed by a psychologist in the program.

**Program III:**

Program III is a forensic program dedicated to treating individuals who are in the pre- and post-adjudication phases of court involvement. The program provides services for approximately 200 adult males divided across four separate units. Individuals in this program often have a significant history of serious mental illness along with substance abuse disorders and criminal behaviors. The population consists mainly of three penal codes, namely those who are Not Guilty by Reason of Insanity (PC 1026), those found to be Incompetent to Stand Trial (PC 1370), or those who are designated as Mentally Disordered Offenders (PC 2972).

Psychologists and Psychology Interns in Program III at MSH may participate in the following work-related activities. Please note that this list is neither exhaustive nor static.

1. Participate as the Psychology/Behavioral expert in the interdisciplinary Wellness and Recovery Team to develop effective treatment and discharge plans.
2. Provide individual and group psychotherapy.
3. Psychological assessment of cognitive, emotional and neuropsychological functioning of the individuals we serve. As well as, specialized forensic assessments such as assessment of trial competency, sanity, malingering and violence risk.
4. Development of behavioral support plans.
5. Provide psycho-educational groups.
6. Provide training to other staff.
7. Participate in clinical decision making and treatment curriculum development at the program and hospital-wide levels.
8. Carry out other assigned clinical and administrative tasks within the scope of their expertise and job description.

**Program V:**



Program V's four treatment units provide services for individuals with an involuntarily commitment and include the following penal codes: PC 1370 Incompetent to Stand Trial, PC 1026 Not Guilty by Reason of Insanity (NGI), PC 2974 Parolees, PC 2962 Mentally Disordered Offender, and PC 1756 California Youth Authority. Individuals who are on a PC 1370 hold are evaluated with regard to their baseline level of understanding with respect to court competency. An important goal of treatment for these individuals is restoration of competency. Competency treatment groups include at minimum: Court Preparation, Mock Court, and Mock Attorney with non-English speaking Court Preparation groups being provided. Individuals that are admitted under PC 1026 must demonstrate restoration of sanity before a recommendation is made to the Conditional Release Program (CONREP). For those individuals admitted under PC 1756, stabilization of the condition for which they were admitted is the primary treatment goal. For parolees (PC 2974) and mentally disordered offenders (PC 2962), stabilization, milieu therapies, followed by community placement or CONREP referrals are made.

Staff Psychologists and Interns provide, at minimum, the following services in Program V:

1. Participate as the Psychology/Behavioral expert in the interdisciplinary Wellness and Recovery Planning Team to develop effective treatment and discharge plans.
2. Provide individual and group psychotherapy.
3. Psychological assessment of cognitive, emotional and neuropsychological functioning of the individuals we serve. As well as, specialized forensic assessments such as assessment of trial competency, sanity, malingering and violence risk.
4. Develop behavioral support plans.
5. Provide psycho-educational groups.
6. Provide training to other staff.
7. Participate in clinical decision making and treatment curriculum development at the program and hospital-wide levels.
8. Carry out other assigned clinical and administrative tasks within the scope of their expertise and job description.

**Program VI:**

Program VI serves a very diverse population. There are two units that provide services to adult males on a civil commitment who require long-term care. Another unit serves a multicultural population who benefit from culturally-sensitive and informed services provided in Spanish and a variety of Asian languages. Two other units serve individuals who require specialized skilled nursing care. These two skilled nursing facility (SNF) units include a number of senior-aged individuals. The psychologists on each of these units provide psychological evaluations and assessments including neuropsychological screenings; behavioral consultation and planning; and individual and group psychotherapy.

## **Professional Training**

The hospital is recognized as a valuable training institution for mental health professionals. There is a large variety of training programs at the hospital. These programs include Nursing, Social Work, Medicine, Psychiatry, Psychology, Pharmacy, Rehabilitation Therapy, and Dietary. The hospital has a training facility that provides classes for staff, interns, community professionals and volunteers.

## **Intern Selection Procedures**

Interns are selected on a competitive basis determined by their educational and training experiences. Pre-doctoral internships are offered for students who have completed graduate course work in the fundamentals of psychotherapy and assessment.

Applicants must submit an APPIC application, a State of California application form, a copy of their vita, a de-identified sample psychological test report, three letters of recommendation (preferably one coming from current placement supervisor), graduate transcripts, and a letter from the Dean or Director of Clinical Training stating that they are in the appropriate phase of their course work to begin an internship. Upon receipt, the Chief of Psychology and the Psychology Training and Internship Coordinator review the materials in order to determine whether the applicant meets selection criteria. Those who meet qualifications will be contacted and a face to face interview will be arranged. Interviews will be scheduled for the winter of 2006. After the interview, all the information is compiled, evaluated, and then the applicants are rank ordered. The APPIC matching process is followed.

The following areas are considered in evaluating an applicant: interest in working with an inpatient psychiatric population, prior experience working with individuals with a serious mental illness, background in psychological testing, prior field placement experience, prior group therapy experience, prior experience with people who are racially and culturally diverse, knowledge of psychopathology, evidence of initiative, eagerness to learn and ability to constructively integrate new learning and feedback, and an ability to work cooperatively on a multidisciplinary team.

## **Appointments**

At the present time there are five full-time 12-month positions available. The current stipend for interns ranges from \$30,384 per year to \$45,096 depending on qualifications that are set by the State of California. As previously mentioned, the internship is divided into three rotations. The Psychology Training and Internship

Coordinator, in consultation with the Chief of Psychology, will assign Interns to their rotations.

### **Applications**

Applications can be submitted at any time for review per State of California regulations. Completed APPIC applications and all supporting material must be received by the Training Coordinator by November 15, 2006 to be considered for the following year's intern class. State of California laws and regulations regarding hiring requirements and hiring practices are followed. The Psychology Training and Internship Coordinator will contact those who meet these qualifications for an interview in the winter of 2006. This internship site agrees to abide by the APPIC policy that no person at this training facility will solicit, accept or use any ranking-related information from any intern applicant. This training program observes the guidelines and deadlines regarding notification of internship offers adopted by the Association of Postdoctoral and Psychology Internship Centers (APPIC).

Metropolitan State Hospital is an equal opportunity employer to all, regardless of race, color, creed, national origin, ancestry, sex, marital status, medical condition, disability (mental and physical), religious, or political affiliation, age, or sexual orientation. TDD for the hearing impaired is available. As noted above, Interns are both members of the Department of Psychology and State of California employees.

You may contact the Psychology Training and Internship Coordinator at the following address and telephone number:

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**Psychology Training and Internship Coordinator**  
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**Thank you very much for your interest in our training site!**